

Town of York – Center for Active Living – Lunch Menu March 2025

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Veggie Stir Fry Fried Rice Pork Egg Roll Muffin: Banana Bran	5 Roast Pork w/Gravy Mashed Potato Vegetable Roll Muffin: Sweet Cranberry	6 Mild Beef Bean Chili Mexican Rice Vegetable Muffin: Chocolate Cinnamon	7 Tuna Noodle Casserole w/Peas & Onions Vegetable Muffins: Orange
11 Broccoli and Cheese Soup Ham & Swiss Melt On Wheat Pickle Muffin: Blueberry Corn	12 Cheeseburger Macaroni Casserole Vegetable Roll Muffin: PB Choc. Chip	13 Hearty Beef Stew w/Potato & Veggies Biscuit Muffin: Sweet Potato	14 Breakfast Only 9:00am No Muffins or Lunch
18 Corned Beef w/Cabbage Boiled Potato Vegetable Roll No Muffins	19 Turkey Tetrazzini w/Mushrooms Vegetable Italian Bread Muffin: Raspberry	20 Orange Pork Chop Brown Rice Vegetable Muffin: Apple Cinnamon	21 Italian Haddock Bake w/Zucchini Tomato Pasta Vegetable Muffin: Lemon Yogurt
25 Pulled BBQ Chicken on Roll Cole Slaw Pickle Muffin: Chocolate Chip	26 Mushroom Pork w/Gravied Egg Noodles Vegetable Roll Muffin: Strawberry Banana	27 Baked Chicken Parm w/Pasta & Red Sauce Vegetable Muffin: Pumpkin Spice	28 New England Clam Chowder Tuna Melt Sandwich Pickle Muffin: Blueberry

LUNCH PROGRAM PROCEDURES

Basic Information

- **Meals are homemade on-site by our Chef, Sean Carey.**
- **Lunch is available Tuesdays, Wednesdays, Thursdays, and Fridays** - Tuesdays, Thursdays, and Fridays are dine-in only; (Deliveries and pick-ups are available for those that meet the requirements below) Wednesdays you may select dine-in or pick-up.
- **Limited number of pick-ups and deliveries are available Tuesdays - Fridays for individuals who, due to medical/health or mobility conditions/issues, are unable to dine-in at the Center.** If you want to be considered for pick-up or delivery, please contact CAL Staff at 207-363-1036.
- **For Dine-In:** Please arrive by 11:30am, sign-in at the reception desk, and set-up you're eating space (select a seat, gather silverware, obtain beverage). Volunteer assistance is available if needed (request when signing in).
- **For Pick-up on Wednesdays:** Please arrive after 12:20pm for lunch pick-up on Wednesdays. We ask that you park your car and enter the building. Check in with the front desk volunteer to request your preordered lunch pick-up.
- **Reservations are required.** Please make your reservation no later than the Friday prior to the week you desire a meal. If reservations have reached capacity, feel free to call back at a later time to see if anyone has cancelled and if there is a meal available.
- **Cost:** \$5.00 per meal per individual except when we're offering a special meal, which may be higher (e.g., lobster roll meal).
- **Meal cancellation or no show:** If you need to cancel a meal, please contact the center at least two days in advance in order to obtain a refund. For dine-in meals, if you are not here before noon, your meal may be given away. For pick-up meals, if you are going to be later than 12:45pm please call to let us know so we save your meal.

Muffins

- **Muffins are available Tuesdays, Wednesdays, Thursdays, and Fridays; see calendar for muffin of the day.** Occasionally, Sean may have muffins available on a Monday morning.
- **Reservations are required:** Please make your reservation no later than the Friday prior to the week you desire the muffins. Occasionally, Sean may have some extras if you stop in and ask him in the morning.
- **Pick-Up:** Muffins may be picked up between 10am - 3:30pm.
- **Cost:** 5 muffins for \$2.50; 10 muffins for \$5.00

CAFÉ Mondays - Fridays, 9:00-11:00am (free)

Start your day off on a positive note with one of Sean's delicious muffins or other treats, coffee/tea/cocoa, and friends. This is a great opportunity to meet new people!